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 तिस्यमो भीरमभरं सक जिनमवावे॥ चरं वदितुस्यनेति स्यनेमनेति



EFFECT OF PALASH KSHAR PRATISARAN COMPARED WITH ARKA KSHAR PRATISARAN IN TREATMENT OF ARSHA-A RANDOMIZED CONTROL TRIAL.

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Abstract: *Ksharkarma* Is Substitute Of Surgical Instruments Because they Can Be Used Safely On The Patients Who Afraids Of Surgery. *Ksharpratisaran* Means Application Of *Kshar* Locally. It Produces Local Inflammation And Induces Fibrosis In Haemorrhoid. So Haemorrhoidal Mass Will Shrink And Reduces Its Size. Sushruta mentioned and explained number of plants for kshar pratisaran which are used in treatment of arsha. There are some methods in *Ayurveda* which are good options for minimal invasive techniques in the treatment of *Arsha*. *Ksharkarma* or *KsharPratisaran* is one among them. **Methodology:** In this present study, Arka Kshara, which is one of the proven Kshar for treatment of Arsha was compared with Palash by its local application directly on 0 day on 2nd and 3rd degrees of haemorrhoids, to find out its effectiveness. A total 30 patients were randomly selected and divided in two groups. Kshar pratisaran done for once and observations are noted on 1st, 7th and 14th day and assessment of the result was observed according to the specially designed proforma. **Result:** Palash kshar pratisaran was found to be more effective in all the three criterias, low cost money consuming therapy and easily available. **Conclusion:** It was concluded that palash kshar pratisaran had shown significant improvement in 2nd and 3rd degree of haemorrhoids without any side effect.

Keywords: Arsha, haemorrhoids, Arka, palash kshara, parasurgical,kshara pratisaran, pratisaraniya.

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INTRODUCTION

Ayurveda serving the mankind since long time with the aim to provide healthy status to healthy individual and to cure the diseases. It has immense potential to solve many challenging and unsolved problems of the medical world among them *Arsha* is one such grave disease. It is the science which deals human being for their physical, mental and spiritual health. *Ayurveda* is giving the ideal way of living being and it has skillful knowledge. It has eight major branches. These branches are collectively known as *Ashtang Ayurveda*. *Shalya Tantra* is the best amongst all branches of *Ashtang Ayurveda*. *Arsha* is mentioned in all classical texts of *Ayurveda*. According to *Ayurveda Acharya Sushruta* and *Acharya Vagbhata* described *Arshain Ashtamahagada*. In *ayurvedic literature* gives some various synonyms e.g. *Durnamakam*, *Gudakila*, *Gudankur* etc.¹ Many diseases cause due to our daily day to day changing lifestyle, our dietary habit, *Vegavarodh*² and increase stress etc.³ which leads to '*Agnimandya*'. *Agnimandya* is the major causative factors for *Arsha*.⁴ *Acharya Sushruta* has described that the person who does not follow the *Aaharvidhi* gets his food

in *Vidahi* in nature which leads to *Agnidushti* and it is the root causes of all disease. *Acharya Sushruta* the father of surgery had described the six types of *Arsha*: *Vataj*, *Pittaj*, *Kaphaj*, *Raktaj*, *Sannipataj* and *Sahaj* in detail⁷. He described four types of treatment of *Arsha* – *Bheshaj* (medical management), *Kshar* (alkaline preparation of medicinal herbs), *Agni* (cauterization), and *Shashtra* (surgery)⁸. *Arsha* can be correlated with haemorrhoid in modern science.

NEED OF STUDY:

In today's lifestyle, Many patient refuses for surgical treatment because of its postoperative complications and expenditure. *Ksharkarma* is substitute of surgical instruments because they can be used safely on the patients who are afraid of surgery. *Kshar Pratisaran* means application of *Kshar* locally. It produces local inflammation and induces fibrosis in haemorrhoid. So haemorrhoidal mass will shrink and reduces its size. It can be done especially *Arsha* which are *Mrudu* (soft), *Prasruta* (extensive), *Avagadha* (deeply situated), *Uchrita* (projected)¹⁴ his procedure is less invasive and can be performed under local anaesthesia also. It gives very less unwanted side effects like bleeding burning sensation. Many

KsharDravayas were described by *AacharyaSushruta*¹⁵. *ArkaKshar* and *ApamargaKshara* are used for *Pratisarana* but there are many drugs which has to prove its efficacy in the treatment of *Arsha*. In previous trial *ArkaKshara* has proven its efficacy in comparison with *Apamarga Kshara*. So in trial sincere efforts will be made to compare with the efficacy of *PalashKshar* and *ArkaKshar*.

METHODOLOGY:

A) Inclusion Criteria:

- i. Diagnosed patients of 2nd and 3rd degree haemorrhoids from Shalyatantra OPD and IPD within age groups 18 to 60 years.
- ii. Selection will be irrespective of gender, religion, education and socio-economic status, were included in this study.

B) Exclusion Criteria:

- i. Patients suffering from CA rectum.
- ii. Patients with uncontrolled DM and HTN.
- iii. Patients with 1st and 4th degree haemorrhoids and interno-external haemorrhoids.

iv. Known cases of portal hypertension will be excluded.

ASSESSMENT CRITERIA

1. P R Bleeding (*Raktasrava*)

Symptoms	Grading
No Bleeding	0
Bleeding during defecation up to 10 drops	1
Bleeding during defecation 10 to 20 drops	2
Splash in a pan	3

2. Pain (*Shula*) : VAS SCALE.

3. Size of pile mass.

Signs	Grading
75% and above reduction size of pile mass	0
50% to 74% reduction in size of pile mass	1
25% to 49% reduction in size of pile mass	2
Below 24% reduction in size of pile mass	3

Overall assessment criteria: Criteria of assessment will be based on improvement in subjective and objective parameters after the treatment.

The results will be categorized as,

Complete relief	75% and above.
Moderate relief improvement	50% to 74%
Mild relief improvement	25 to 49%
No relief improvement	Below 24%

METHOD OF PREPARATION:

Kshar was prepared and standardized at *Rasashastra* department of our institute. *Panchangas of Palash* (10kg) was collected and dried plant was burnt to ashes. Then allowed to cool by itself. The whole collected ash approximately (1 kg) was mixed with six parts (in volume) of water and stirred well.

Allowed to settle overnight. Then it was filtered through double folded cloth for 21 times and the residue was thrown out. Gomutra Varna filtrate was obtained. And heated on slow fire. When the contents was reduce to half, about 1/3 of *KsharaJala* was be taken out of the vessel. 100 gm. of *Shukti* was heated up to red hot and then mixed with 1/3 *KsharaJala* and dissolve completely. Thus dissolved *Shukti* was added to boiling *Ksharajala* (*Avapa* stage) and continued to boil till the content attained consistency as described by

Sushruta (not too liquid or too solid). 10 gm. of *ChitrakamulaKalka* was finally added to this *Kshara*. Then it was removed from fire and transferred into separate container with lid and stored for used.

Kshar pratisaran vidhi (method of *Kshara* application): *Kshara pratisaran* was done locally on the piles mass as per the classical technique which was very well explained by *sushruta* called “*kshara pratisaran vidhi*. [11] ” It was conducted under principles of *trividha karma*. [12]

Pre-operative procedure:

1. Routine investigations was takes place.
2. Written and informed consent of the patient was taken.
3. Fitness of Physician's was taken for anaesthesia.
4. Evacuation of bowel was done by soap water enema in morning prior to procedure.
5. Part Preparation.

Operative procedure:

1. Under all aseptic precautions, under anaesthesia, the patient was lie down in lithotomy position.
2. Painting and draping of perianal area was done.

3. Then, a slit proctoscope lubricated with the help of LOX jelly and it was introduced in the anal canal.

4. The pile mass fixed at the suitable place into the aperture.

5. Pile mass was identified firstly and then cleaned with dry gauze and remaining mucosa was covered with gauze to avoid *Kshar* application on normal tissue.

6. *TikshnaKshar* was applied over it, in 1-2 gm. quantity.

7. Applied *Kshara* was kept for 2 minutes approximately or *Shatamatrai*. e. Till the time taken to count no. from 1 to 100.

8. The *Kshara* was then washed with the help of fresh lime juice.

9. After application of the *Kshara*, the pile mass will be changed into Bluish black (*pakwaJambuphalavat*) in appearance.

10. The procedure was repeated for each pile mass separately in the same sitting.

Postoperative procedure:

1. NBM for 6 hrs.
2. Light diet was allowed by the evening
3. *Trifalachoorna* at night was given with *koshnajala* i.e. Luke warm water.

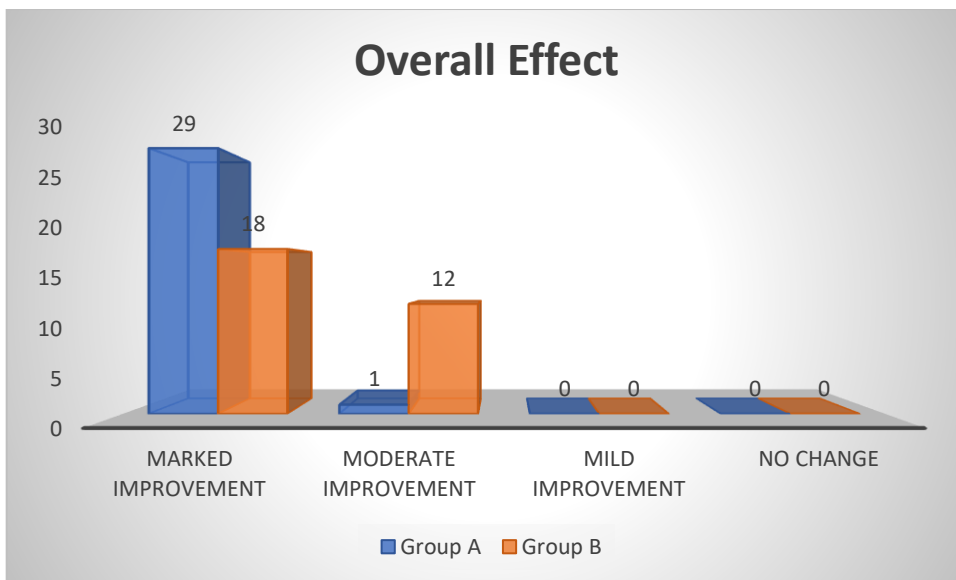
4. Sitz bath with warm water was advised from next day.

OBSERVATION AND RESULT

In this study it was observed that *palash kshar pratisaran* was found more effective in reduction of pile mass, In the present study observations on comparison of *Palash Kshar* and *Arka Kshar* in two groups i.e. Group A and Group B shows that there was 90% reduction in size of pile mass in patients of Group A which contains patients with *Palash Kshar pratisaran* and 80% reduction in size was noted in Group B which contains patients with *ArkaKshar Pratisaran*. Statistical data shows that there is more significant reduction in size of pile mass in patients of Group A than Group B reason behind more reduction in size in *Palash Kshar* may be due to more corrosive nature of *Palash* than *Arka*. As its PH is found more than *Arka Kshara* so the action is enhanced, as more the pH more is the corrosive property of *kshara* and faster is the actions of *kshara* like *shodhan, lekhan, chedan* of haemorrhoidal mass and resulting more significant effect than *Arka Kshara*

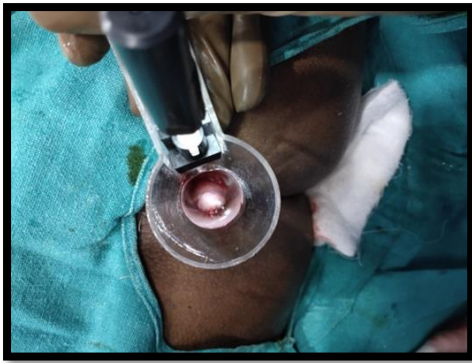
Table No. 3 : Comparison of Parameter between 2 Group

Variable	Group	N	Mean Rank	Sum of Ranks	Mann-Whitney U	P-Value
PR Bleeding	Group A	30	32.77	983.00	382.000	0.027
	Group B	30	28.23	847.00		
	Total	60				
Pain	Group A	30	30.97	929.00	436.000	0.081
	Group B	30	30.03	901.00		
	Total	60				
Size of Pile Mass	Group A	30	31.22	936.50	408.500	0.032
	Group B	30	29.78	893.50		
	Total	60				



Graph No. 1 : Overall effect in both group

Palash Kshar Pratisaran



PALASH KSHAR PRATISARAN



DURING PROCEDURE

7TH DAY14TH DAY

DISCUSSION

In this present study PR bleeding is the cardinal symptom of haemorrhoid so for this study PR bleeding is important criteria for assessment. In group A i.e. *Palash Kshar Pratisaran* which is an experimental group showed total effect after kshar pratisara i.e., 93.51% relief. Since observations are on ordinal scale (gradations), we have used Wilcoxon Signed Rank Test to test efficacy in Group A and Group B. From above table we can observe that, P-Value for

Group A is less than 0.05. Hence, we can conclude that, effect observed in Group is significant. pain is mild symptom and not found much significant in all the patient but we have taken pain was assessed because light increase in pain sensation just after the *Kshar Pratisaran* was found as it is corrosive in nature. It was observed that Pain was increased just after the application of *Palash Kshar Pratisaran* in the first follow-up and then gradually reduced. Observations shows that mean

Before treatment was 2.17 which was increased and decreased to 0.10, So the pain was increased after *Palash Kshar Pratisaran* and then it decreased. Hence 92.41 % relief in the pain was observed by the end to study in the patient with group A so P value is less than 0.05. Since observations are on ordinal scale (gradations), we have used Wilcoxon Signed Rank Test to test efficacy in Group A. So, we can observe that, P-Value for Group A is less than 0.05. Hence, we can conclude that, effect observed in Group A is significant. reduction in size of pile mass was noted. In the patients with group A mean was 3.00 before treatment and after treatment it was 0.00. So the P value is 0.000 which is significant.

CONCLUSION

In this study, result found better in palash kshar pratisaran than arka kshar pratisaran on reduction of pile mass so it can be concluded that palash kshar is more effective than Arks kshar in the treatment of arsha (haemorrhoids). As this study was more emphasised on reduction of size of pile mass we found better results of Arka kshar than Apamarga kshar so it can be conclude that Arka kshar Pratisarana is more

useful in the management of Arsha (haemorrhoids).

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